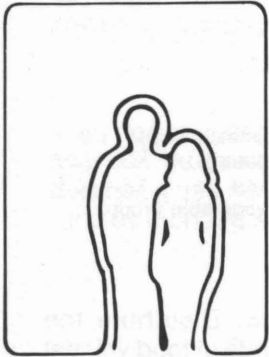
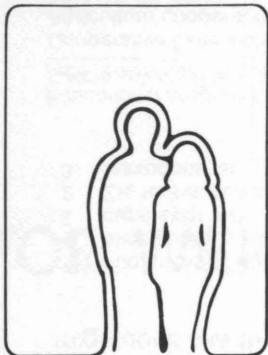


L-1612

8-2-78 20M



FOR WEIGHT CONTROL, PLAN WHAT YOU EAT



TEXAS AGRICULTURAL EXTENSION SERVICE
The Texas A&M University System

Waist Watcher:

The basic four food groups provide for a lifetime of weight control. Learn the foods in each group and the amounts you should eat from each group.

To help with this lesson, carefully read and study *Plan What You Eat* and complete the suggested activities. L-1618 *The "Big 4" Foods* will help you in studying the lesson and completing the activity.

This letter series and other educational programs are provided at no charge by the Texas Agricultural Extension Service. If you would like to receive other Extension publications, which are free upon request from my office, or want to know more about other Extension programs, please contact me.

Sincerely,

County Extension Agent

Enclosure

FOR WEIGHT CONTROL, PLAN WHAT YOU EAT

Calories are a measure of the energy in food. Knowing the number of calories in foods gives you an idea of how much work you must do to burn up the energy in the food you eat.

Almost all food gives you some energy. The energy comes from fat, protein and carbohydrates. All foods are mixtures of fats, proteins and carbohydrates and the amount of energy (or calories) in food is determined by the amount of these nutrients. Fats provide 9 calories per gram; carbohydrates and protein, 4 calories per gram; and alcohol, 7 calories per gram.

The most sensible way to lose weight is to select lower calorie foods from the "Big 4" plan.

Calorie Control

When foods are compared for amounts of vitamins, minerals, protein, carbohydrate and fat, the foods fit into four large groups. Any food in a group can be substituted or exchanged for other foods in that group. By learning which foods are in a group and how much of a food to eat, a person can plan a diet without counting calories.

The "Big 4" food groups are: fruits and vegetables; bread, cereal and grain products; milk and milk products; and meat and protein foods. See L-1618 *The "Big 4" Foods*.

"Extras"

Many foods are not essential for vitamin and nutrient needs, but help to round out a meal. Fats such as butter, margarine, bacon and salad dressings are important "extra" foods. Sweets are also important "extras." Although we do not need sweets, they sometimes taste good.

The "Big 4" Plan

The first thing to remember is the number of servings recommended from each food group. This is easy: **4-4-2-2** every day for adults. This means you need four servings of fruits and vegetables, four servings of breads and cereals, two servings of milk and milk products, and two servings of meats and protein foods — **4-4-2-2** every day. Three of the extra foods listed on L-1618 *The "Big 4" Foods* can be added to help you feel more satisfied.

Make a plan for each meal and snack to be eaten each day. Evenly divide the foods between the meals so that you do not become too hungry or too tired to stick with the plan.

Figure out how many servings of fruits and vegetables you will have at breakfast, lunch and dinner. The total should be four servings. Buy fruit and vegetables to which no sugar has been added in the processing. Pie fruits are cheaper and artificial sweeteners can be added at home.

It is important that you plan each meal carefully to be sure you have enough — but not too many — servings from each food group. If you like a sandwich for lunch, allow two servings of bread for lunch (two slices). This would mean that you have only two servings of bread and cereals left for the other meals that day.

Plan when you will drink milk. It is a mistake to cut out milk. Milk balances the other foods you eat and helps you feel satisfied. Skim milk or skimmed buttermilk provides approximately the same nutrients as whole milk except for the fat, while providing only about 80 calories compared to about 170 calories for whole milk.

Plan for meats. If you like meat or protein foods three times a day, eat a half-serving at breakfast and lunch and a full serving for dinner. Three servings of the other group could be used in seasoning the food with fat or sugar.

A plan for someone who eats only three meals might look like this:

"BIG 4" DIET PLAN

- 4½ cup-servings of fruit-vegetable group foods
- 4 slices breads or ½ cup serving cereal or pastas
- 2 cups skim milk
- 2 2½ to 3-ounce servings of meat
- 3 teaspoons fat

A menu including this sensible diet plan might include:

Breakfast

- ½ cup orange juice (1 serving fruit-vegetable group)
- 1 ounce sausage (½ serving meat group)
- 1 cup skim milk (1 serving milk group)
- ½ cup cornflakes (1 serving bread-cereal group)
- coffee (free)
- 1½ tablespoons cream (½ serving other group)
- ½ teaspoon sugar (½ serving of the other group)

Lunch

- 2 ounces of tuna (1 serving meat group)
- 1 tablespoon mayonnaise (1 serving other group)
- 2 slices bread (2 servings bread-cereal group)
- 1 small apple (1 serving fruit and vegetable group)
- 1 cup skim milk (1 serving milk group)

Snack*

- radish roses, celery sticks and lettuce (free foods)
- lemonade (made without sugar) (free food)

*If snacks are desired, save the food item from your "Big 4" Diet Plan. For example, save the orange juice or apple for an evening snack.

Dinner

- 2- to 3-ounce hamburger pattie (1 serving meat group)
- ½ cup macaroni (1 serving bread-cereal group)
- 1 teaspoon butter (1 serving of Other group)
- ½ cup spinach (1 serving from fruit and vegetable group)
- iced tea (without sugar) (free food)

Your Weight Control Plan

Prepare your own plan below. Distribute the number of servings to match the kinds of food you eat and the number of times you plan to eat.

	Fruits and Vegetables	Breads and Cereals	Milk and Milk Products	Meats and Protein
Breakfast	_____	_____	_____	_____
Snack (optional)	_____	_____	_____	_____
Lunch	_____	_____	_____	_____
Snack (optional)	_____	_____	_____	_____
Dinner	_____	_____	_____	_____
Snack (optional)	_____	_____	_____	_____
TOTAL	4	4	2	2

Helpful Weight Control Hints

- Do not skip breakfast, or you may become so hungry that you cannot control what you eat. If you skip breakfast and go hungry until dinner time, you may eat twice as much because you feel that you have earned it.
- Do not leave out milk. To reduce the number of calories, select the lower calorie foods from this group.
- Measure all food when you serve it. To help you get the right size servings, use a set of long-handled measuring spoons as serving spoons. Serve all the food onto your plate before eating.
- When preparing foods, do not add fat or sugar. Never buy convenience foods with sugar. Refer to the nutrition information on the labels to determine the food value of the product. Prepare all meats by roasting, broiling, baking or boiling. Do not add any more than three servings from the other food group when preparing foods for the day.
- Free foods include diet soft drinks, coffee, tea, bouillon without fat, unsweetened gelatin and unsweetened pickles.
- A variety of seasonings such as salt, pepper, garlic, paprika, mustard, vinegar, lemon juice, horse-radish, cinnamon and parsley add flavor without adding calories.

Prepared by Extension foods and nutrition specialists, The Texas A&M University System.

TEXAS AGRICULTURAL EXTENSION SERVICE
UNITED STATES DEPARTMENT OF AGRICULTURE
THE TEXAS A&M UNIVERSITY SYSTEM
COLLEGE STATION, TEXAS 77843

AN EQUAL OPPORTUNITY EMPLOYER

POSTAGE AND FEES PAID
U.S. DEPARTMENT OF
AGRICULTURE
AGR 101



OFFICIAL BUSINESS

PENALTY FOR PRIVATE USE, \$300